

ABSTRACT OF THE DISCLOSURE

A light guide includes: an optical medium; and light-scattering particles each having a scattering cross section  $\Phi$  and being contained in the optical medium with a density  $N_p$  so that light which enters the light guide from a first end face can propagate to a second end face while being scattered by the light-scattering particles. In the light guide, the product of the scattering cross section  $\Phi$ , the density  $N_p$ , the length  $L_G$  of the optical medium in the light propagation direction, and a correction coefficient  $K_c$  is less than or equal to 0.9. Preferably, the product is less than or equal to 0.4 combining a plurality of optical mediums.